

NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

June 2018, Vol. 2 Issue 6



June 2018



Annmary I. Connor, LICSW



Director of Elder Services

We are very excited for June to be here because we have a fantastic schedule of fun programs planned throughout the Summer. Some of the new activities that are happening this month include: a day trip to the beach, kayaking and canoeing at Pumps Pond, an introduction to pastels class and our first cookout of the season! Our regularly scheduled congregate lunch program, exercise classes and drop-in groups will continue to run as usual too. Please take the time to read through the newsletter to learn more about the wonderful opportunities that are being offered at the Center.

I also want to note that we are currently working on creating new policies to establish clearer operational guidelines at the Center. Reason being, there are some gray areas that need clarification and having these policies in place will clear up any confusion. They will also allow us to operate at the best level that we possibly can. The first area that we have focused our attention on is the Transportation Program and you can expect updates on this sometime in the near future.

Lastly, we are not going to be mailing the newsletter this month, instead we will be mailing July's newsletter because we will be sending out our Welcome Guide which is filled with available resources that everyone can benefit from.

MISSION STATEMENT

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.

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Main Line: 978-623-8320

website: www.andoverma.gov/seniorcenter

email: seniorcenter@andoverma.gov

Physical Address: 30 Whittier Court, Andover

Mail: 36 Bartlet Street, Andover, MA 01810

Info Line: 978-623-8302

Phone # 978-623-8320

A Division of the Department of Community Services

Regular Monthly Events

Writing Group

Come & participate in an engaging writing process! *Instructor: Sreenivas Viadras, I Tuesdays, June 5th, 12th, 19th & 26th I 10 a.m. I To attend you must register in advance I Cost: Suggested donation of \$2*

Council on Aging Board Meeting

Held on the 2nd Thursday of every month all are welcome to attend!
Thursday, June 8th I 8:30 a.m.

TRIAD Meeting

Held on the 2nd Thursday of every month. Triad is a joint collaboration between The Senior Center, Andover Police Department, Essex County District Attorney's Office & Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs.
Contact: Robin Cataldo I Thursday, June 14th I 10:00 a.m.

Friday Morning Speaker Series-

Held on the 2nd Friday of every month, breakfast is served then participants get to enjoy an educational presentation on a variety of topics. *I Friday, June 8th I 8:30 a.m. I To attend you must register in advance Cost: \$4*

Happy Birthday to You!

We celebrate birthdays on the 3rd Friday of every month as part of the congregate lunch program. Let us know if it is your birthday month so you can be entered into a raffle to win a prize (you must be in attendance to win). This is open to everyone & entertainment is provided courtesy of ASCF. *Friday, June 15th I 11:45 a.m. I To attend you must register in advance I Cost: Suggested donation of \$2.50 for lunch*

Fix it Shop

Bring your lamps (new cords & sockets), small appliances, chairs, small tables & any other small project & this group will try to fix it! *Mondays, June 11th & June 25th I 1 p.m. I Cost: \$4 plus parts for Andover seniors (ID required), \$10 plus parts for non-seniors/non-residents & \$2 diagnostics fee.*

Book Club

Held on the 4th Thursday of every month September through June. Upcoming books: June, Before I Go To Sleep I *Facilitator: Evelyn Retelle I Thursday, June 28th I 1:30 p.m. I To attend you must register in advance I Cost: FREE*

Mass State Senator

Held on the 4th Monday of every month. Bring your questions for staff from Senator Barbara L'Italien's office.
Monday, June 25th I 8:30 a.m. I To attend you must register in advance I Cost: FREE

SHINE (Serving Health Information Needs of Everyone)- This confidential counseling service helps individuals understand their Medicare insurance benefits & other health insurance options. *To attend you must call the Center to make an appointment I Cost: FREE*

Medication & Syringe Disposal- Medication disposal is available at the Andover Police Department. Syringe disposal is available at the Center & at the Andover Police Department Public Safety Building at 35 Main St. If you have any questions call the Andover Police Department at 978-475-0411.

Foot Care (Podiatry)

You must be an Andover resident to utilize this service & you may call and book an appointment at any time. For homebound residents, please call the Center and ask for Kristine Arakelian. *I To attend must call the Center to schedule an appointment I Cost: \$10 (This program is subsidized by a grant from The Andover Home for Aged)*

Wellness Clinics

Stop in to meet with one of our trained nurses who will check your blood pressure/pulse, monitor your weight, review medications, discuss health questions, nutrition information, review lab results, prepare for your doctor's visit, find out what services are available, family & social support. *Wednesdays, June 6th, 13th, 20th & 27th I 2 p.m. I No registration required, older adults are seen on a first come first serve basis I Cost: FREE*

Three-Part Series to Help You Better Understand Dementia - Part 3 Benefits of Early Detection

Join a discussion on dementia vs. normal age-related changes, signs & symptoms, as well as how early detection can be beneficial. *Presenter: Peter Bruce, Bridges BY EPOCH | Wednesday, June 13th | 10:30 a.m. | To attend please RSVP to Peter Bruce at 978.775.1070 or pbruce@bridgesbyeepoch.com | Cost: FREE (sponsored by Bridges BY EPOCH)*



Beach Trip

Let's go to the BEACH! We will be having lunch at the Hungry Traveler, going to see the sand sculptures event at Hampton Beach & getting ice cream on the way back! *Tuesday, June 19th | Pickups will start at 9 a.m. & we will be on the road to the beach by 10:15 a.m. Return to Andover by 3:30 p.m. | Space is limited on the bus, so to attend you must register in advance | Cost: \$10 (this covers transportation but not lunch, participants must pay for lunch on their own)*



Kayaking & Canoeing

In partnership with the Recreation Department we will be starting a kayaking & canoeing program for older adults this Summer at Pumps Pond. This group will meet at the pond every week & participants will be able to take out a kayak or canoe to enjoy & explore the pond. Some experience is helpful but not necessary. Life jackets will be provided & lifeguards will be on duty. If you are interested in participating but do not have transportation please call the Center so we can try to arrange a ride for you. *Instructor: Shawna & Renee | Tuesdays, June 26th-August 7th | 9:30 a.m. | To attend you must register in advance (there are a limited number of kayaks & canoes) | Cost: FREE*



Socialize &/or Walk With Delta the Dog

Beth Hempstead & her dog Delta, a registered therapy dog team that volunteer through the organization Pet Partners will be visiting the Center on a regular basis now! For the first half hour of their visit they will just be hanging out socializing then for the second half hour they will head outside to take a short walk. "Walk With Me" is a new special initiative within the Therapy Animal Program to help promote physical activity within communities & we are excited to start this new program in Andover! Participants are welcome to socialize &/or walk with Beth & Delta. *Tuesdays, June 5th, 19th & 26th | 10 a.m. | To attend you must register in advance (Delta does best with small groups so space is limited) | Cost: FREE*



Chalk Pastels Art Class

Join in an easy step-by-step process, no art skills are needed & all materials are included. *Instructor: Gail Arpin-Finck | Tuesday, June 19th | 10:00 a.m. | To attend you must register in advance | FREE cost covered by Living Healthy Grant*



Veteran Services Coffee Hour

Alicia Reddin, Director of Veteran Services will be in the side cafe at the Center for a coffee hour to meet Veterans, provide information & answer questions. *Monday June 4th & 18th | 10 a.m. | Cost: FREE*



Popsicle Program

If the temperature in Andover rises to 90 degrees or above the Center will give out FREE popsicles to everyone in attendance!



Power of Flowers

Join this fun activity & make a small bouquet using donated flowers. *Friday, June 29th | 1:00 p.m. | To attend you must register | Cost: FREE*



TRIAD ID's

For individuals who need ID's TRIAD will be offering this opportunity at the Center. *Friday, June 15th | 9:30 a.m. To attend you must register in advance | FREE*



Health & Wellness

Bereavement Support Group

Held on the 1st Thursday of every month this support group is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion. All are welcome! *Facilitator: Lois Marra of Home Health VNA Hospice* | Thursday, June 7th | 1:30 p.m. | To attend please call Lois at (978) 552-4537 & leave a message with your name & phone number. Lois will return your call. | Cost: FREE

Mindfulness Meditation

This is a great way to relieve stress & become more relaxed! No experience is necessary, all are welcome to join this group!

Instructor: Chip Carter | Fridays, June 1st, 8th, 15th, 22nd & 29th | 3 p.m. | To attend you must register |

Cost: Suggested donation of \$3

Massage

We offer chair massages by appointment only, if interested please call the Center. Mondays 10 a.m. | Cost: \$15 for 20 min for seniors over 60

Pain Management Support Group

Held on the 2nd Monday of each month from September through June. This intimate & confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome! *Facilitator: Gerry Rainville, RN, MSN* | Monday, June 11th | 1:30 p.m. | To attend you must register | Cost: FREE

Parkinson's Support Group

Held on the 2nd Thursday of each month from September through June. Please call Kristine Arakelian, to confirm your attendance or for further information. *Facilitator: Beth Cevetello, MHA, RN, CGN, Clinical Nurse Educator, Ashfield Healthcare, LLC* | Thursday, June 14th | 1:30 p.m. | Cost: FREE

Ask the Lawyer

The attorney is Justin St.James, Esq. & he is licensed in MA & NH. Monday June 25th | 9:30 a.m. | To attend you must call in advance to make an appointment | Cost: FREE

COMING SOON!

The Woodlands Inn at Edgewood

Construction is underway for *The Woodlands Inn at Edgewood* in North Andover and is based on the Small Home Model design. It will specialize in Enhanced living – Edgewood's unique take on assisted living – and Memory Support. The Woodlands Inn is now taking reservations and is opening this summer.

Please call 978-494-6944 for more information.

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EOEA Certification Pending



Memory Café

Memory Cafes offer a welcoming environment for people living with memory changes & help to unite people faced with similar challenges, creating an opportunity to give & receive support. *Monday, June 18th at 1 p.m. | To attend you must register in advance*
Cost: FREE (Funded by the Department of Developmental Disabilities)

Brown Bag

Anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, food stamps or fuel assistance can participate in this program & receive a grocery bag of perishable & non-perishable food items on the 4th Tuesday of every month. Bags must be picked up by 10:15 am. Call Annmary or Kristine to complete an application. *Tuesday, June 26th | 9:30 a.m. | Cost: FREE*

Transportation

Medical Transportation

Transportation is available to medical appointments, a minimum of 1 week advance notice is required, 2 week advance notice is preferred. *Monday-Friday, 8 a.m.-4 p.m., Cost: Contact Shawna for more details & donation information.*

Grocery Shopping

Every Wednesday we provide door-to-door service to Market Basket so you will get picked up at your house & after shopping we will bring you home too. *Wednesdays | 10-2 p.m. | Cost: \$5 round trip | Must be scheduled one week in advance.*

Daily Ride to The Center

Monday-Friday | 8 a.m.-4 p.m. | Cost: no charge, donations welcome
Ride must be scheduled one week in advance.

Thursday Townie Trips

The Center now offers trips in the town of Andover! Travel in town between 9:30 am & 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. Other days and times may be available, call to inquire. Ride must be scheduled one week in advance.

Cancellations

We request 48 hours in advance for cancellations, if possible.

Merrimack Valley Regional Transit Authority (MVRTA)

The MVRTA offers transportation to many towns and cities. You are eligible for EZ Trans non-ADA if you are 60+, for the ADA EZ Trans, you can speak with Kristine or Shawna. We encourage you to check out MVRTA's services. Please stop by for information or call 978-469-6878.

Other Information

Technology Recycling Program

TRIAD sponsors phone, table & charger recycling, all proceeds go to the development of programs for Andover's Senior Citizen community. Programs being funded include: Grab & Go Bags for Emergencies, Medication Disposal Day & Scam & Identity Theft Forums. Locations of drop boxes are: Andover Police Department, Center at Punchard & Town Hall 2nd floor lobby. Questions or concerns please contact Officer Robin Cataldo 978-475-0411 X1004

Newsletter Mailing

Please be aware newsletters are mailed 8 times per year. If you sign up for the newsletter to be emailed to you then you won't receive a hard copy in the mail. If you would like to sign up for an emailed newsletter please call the front desk.

Voice Connect Calls

The best way for the Center to get information out to everyone is through the database we use called My Senior Center (MSC). You can opt out of receiving the robo calls but MSC is a simple system and if you make that decision then going forward you will not receive calls for anything (i.e. if your class is cancelled).



Summer Session: May 21st–August 6th | You can still register!

Breath, Balance & Body

Improve breathing through exercise, balance through strengthening & lifestyle health. *Instructor: Pat Dumont | Tuesdays, May 22nd-August 7th | 2 p.m. | To attend you must register in advance | Cost: \$48*

Line Dancing

Do you enjoy dancing? Have you always wanted to be able to dance at weddings? Easy line dancing set to different styles of music, appropriate for beginner to intermediate dancers. Beginners brush-up 2:15 p.m., entire group 2:30 p.m., intermediate challenges 3 p.m. *Instructor: Valerie Cagnina | Tuesdays, May 22nd-August 7th | 2:15 p.m. | To attend you must register in advance | Cost: \$44*

Men & Women in Motion

Functional & sports based movements linked together for a 30 minute moderate to vigorous aerobic workout followed by balance & strength building exercises. Cool down with deep relaxing stretches on the floor.

Instructor: Denise Boucher | Tuesdays, May 22nd-August 7th | 8 a.m. | Cost: \$45

Instructor: Denise Boucher | Thursdays, May 24th-August 9th | 8 a.m. | Cost: \$45

Sit & Get Fit

Focus on strengthening your muscles, improving your balance & posture, stretching, breathing & lifting your spirits. The atmosphere is relaxed, friendly & fun. All exercises are done with the benefit of a chair.

Instructor: Denise Boucher | Tuesdays, May 22nd-August 7th | 10:15 a.m. | Cost: \$45

Instructor: Denise Boucher | Fridays, May 25th-August 10th | 10:15 a.m. | Cost: \$45

Strength Training

The use of resistance bands & hand weights increases muscular strength & endurance. Improve joint stability by focusing on specific muscle groups which helps prevent injury & increase bone density. This class is appropriate for beginners & intermediate students.

Instructor: Pat Dumont | Wednesdays, May 23rd-August 8th | 8 & 8:45 a.m. | Cost: \$45

Instructor: Barbara Maguire | Fridays, May 25th-August 10th | 8 & 8:45 a.m. | Cost: \$45

Strengthen & Stride

This class mixes low impact aerobics with muscle conditioning, as well as working on balance. Great for both beginners & those with a more active lifestyle. *Instructor: Tracy Callahan | Tuesdays, May 22nd-August 7th | 9 a.m. | Cost: \$45*

Instructor: Tracy Callahan | Thursdays, May 24th-August 9th | 9 a.m. | Cost: \$45

Tai Chi Beginner

This class is for students who are new to Tai Chi which is a mind/body discipline with its roots in both traditional Chinese martial arts & medicine. Today most people practice for the many health benefits, including stress reduction, body awareness, balance & movement, & relaxation. Students engage their minds as they learn the Yang style Short Form with emphasis on moving in a slow, relaxed manner. *Instructor: Meg Holmes | Tuesdays, July 3rd-August 7th | 1:10 p.m. | Cost: \$22.50 | Please note this is only 6 weeks*

Tai Chi Advanced Beginner

This is for students who have learned some of the forms but have not completed them.

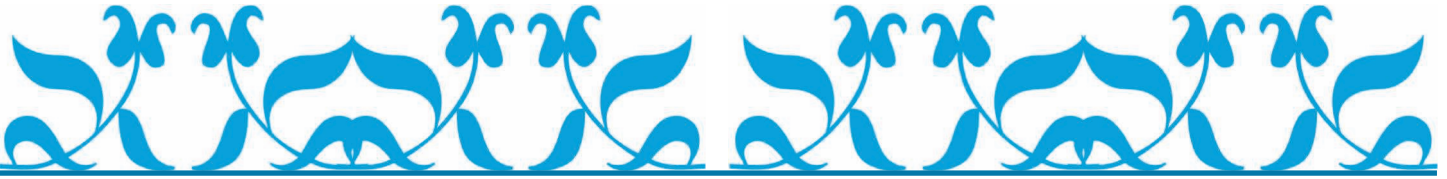
Instructor: Meg Holmes | Thursdays, July 5th-August 9th | 2:15 p.m. | Cost: \$22.50 | Please note this is only 6 weeks

Tai Chi Intermediate

This class is for students who have learned the complete Yang style 24 Form.

Instructor: Meg Holmes | Thursdays, July 5th-August 9th | 1:10 p.m. | Cost: \$22.50 | Please note this is only 6 weeks





Tap Dancing Basic

Learn the vocabulary of sounds, counting rhythm & memorizing steps. Tap routines encourage you to relax while also improving balance, coordination & posture. *Instructor: Audrey Nason | Wednesdays, May 23rd-August 8th | 9:30 a.m. | To attend must register Cost: \$35 | Please note this is a 10 week session, there will be no class on July 4th but will be made up on August 15th & no class on July 25th & August 4th*

Tap Dancing Performance

For dancers who have taken Tap Dancing Basic & are interested in taking their dancing to the next level, this includes performing at different events in the community.

Instructor: Audrey Nason | Wednesdays, May 23rd-August 8th | 12:45 p.m. | To attend must register | Cost: \$35 | Please note this is a 10 week session, there will be no class on July 4th but will be made up on August 15th & no class on July 25th & August 4th

Yoga For All

Slow flowing positions, facilitate muscle endurance, increase strength, improve balance & flexibility

Instructor: Pat Dumont | Mondays, May 21st-August 6th | 1:00 p.m. | To attend must register | Cost: \$37.50

Yoga Beginners

A gentle, pleasurable experience for beginners or those returning to yoga. Positions modified for a chair (you won't have to get up & down on the floor). *Instructor: Pat Dumont | Tuesdays, May 22nd-August 7th | 10:30 a.m. | To attend must register | Cost: \$45*

Yoga Advanced Beginners

Some prior experience suggested for this gentle yoga practice. The flowing movement is more active & precise. Use chair or floor if you prefer. *Instructor: Pat Dumont | Wednesdays, May 23rd-August 8th | 1 p.m. | To attend must register | Cost: \$45*

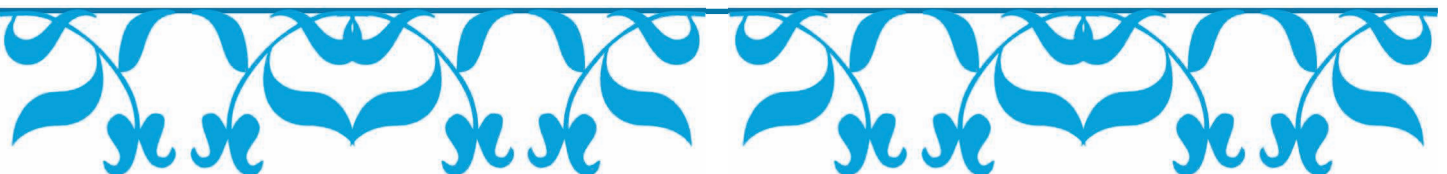
Belly Dancing

Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too! Bring out your "inner dancer"! *Instructor: Maggie Class | Thursdays, May 24th-August 9th | 6 p.m. | To attend must register | Cost: \$78.00*

Energize with Exercise

Fun aerobics and weight training workout.

Instructor: Denise Boucher | Thurs May 24th-August 9th | 3:30 p.m. | To attend must register | Cost: \$66



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please call 978-623-8320 in advance to cancel, menu is subject to change without notice</p> <p>9- Sunrise Singers - Woodcarving - Quilting 10- Massage 10:15- Rhythm-Aires 12-Lunch: Chicken Parm 1- ESL (off site) - Yoga for All 1:30- Pain Management 3</p>	<p>8- Men/Wom in Motion 9- Strengthen & Stride 10- Writing Group - Fun & Games - Bridge - Delta the Dog 10:15- Sit & Get Fit 10:30- Beginner Yoga 12-Lunch: Chicken Marsala 1- Social Bridge Drop-In 2- Breath Balance Body 2:15- Line Dancing</p>	<p>8 & 8:45- Strength Train 9- Art Drop-In - Men's Outdoor Adven - Comfort Critters - Model Bldg - Foot Care 9:30- Basic Tap 10- Fiber Arts - Grocery Shopping 10:30- Dementia vs Normal Aging 12-Lunch: Stuffed Cabbage 12:45- Performance Tap 1- Knit Wits - Fun & Games - Yoga intermediate 2- Wellness Clinic 4-6-Appetite for Andover</p>	<p>8- Men/Wom Motion 9- Strengthen & Stride - Art Drop-In - Walk Gym 9:30- Craft Group 10:15- Vets on the Move 12-Lunch: Salisbury Steak 1- Fun & Games - Duplicate Bridge 1:30- Bereavement Support 3:30- Energize w/ Exercise 5:30- Living Healthy Series 6- Belly Dancing</p>	<p>8 & 8:45- Strength Train 8:45- Strength Training 10:15- Sit & Get Fit 12-Lunch: Baked Fish 1- Fun & Games/ESL Lesson 2- Ping Pong 3- Meditation 6:30- Chinese Amer Activities</p>
<p>9- Sunrise Singers - Woodcarving - Quilting - WOAG 10- Massage 10:15- Rhythm-Aires 12-Lunch: Shepherd's Pie 1- ESL (off site) - Yoga for All - Fix-It Shop</p>	<p>8- Men/Wom in Motion 9- Strengthen & Stride 10- Writing Group - Fun & Games - Bridge 10:15- Sit & Get Fit 10:30- Beginner Yoga 12-Lunch: Stuffed Chicken 1- Social Bridge Drop-In 2- Breath Balance Body</p>	<p>8 & 8:45- Strength Train 9- Art Drop-In - Comfort Critters - Model Bldg 9:30- Basic Tap 10- Fiber Arts - Grocery Shopping 10:30- Benefits of Early Detection 12-Lunch: Pot Roast</p>	<p>8- Men/Wom Motion 8:30- COAB Meeting 9- Strengthen & Stride - Art Drop-In - Walk Gym 9:30- Craft Group 10- TRIAD 10:15- Vets on the Move 12-Lunch: Chicken Pesto 1- Fun & Games</p>	<p>8 & 8:45- Strength Train 9:30- TRIAD ID 10:15- Sit & Get Fit 11:45 BIRTHDAY PARTY 12-Lunch: Salmon 1- Fun & Games - ESL Lessons 2- Ping Pong 3- Meditation</p>

1:30- Pain Management	2:15- Line Dancing	12:45- Performance Tap 1- Knit Wits - Fun & Games -Yoga intermediate 2- Wellness Clinic 3- SCRPT Meeting	6:30- Chinese American Activities
18 8:30- State Senator 9- Sunrise Singers - Woodcarving - Quilting 10- Massage 10:15- Rhythm-Aires 12- Lunch: Sweet & Sour Pork 1- ESL (off site) - Memory Café -Yoga for All	19 8- Men/Wom in Motion 9- Strengthen & Stride -SCRPT Meeting -Beach Trip 10- Writing Group -Fun & Games -Bridge -Pastel Art Class -Delta the Dog 10:15- Sit & Get Fit 10:30- Beginner Yoga 12- Lunch: Chicken Stir Fry 1- Social Bridge Drop-In 2- Breath Balance Body 2:15- Line Dancing	20 8 & 8:45- Strength Train 9 - Foot Care - Art Drop-In - Comfort Critters -Model Bldg. -Mens Outdoor Adven 9:30- Basic Tap 10- Fiber Arts - Grocery Shopping -SCRPT Meeting 12- Lunch: Meatloaf 12:45- Performance Tap 1- Knit Wits - Fun & Games -Yoga intermediate 2- Wellness Clinic	22 8 & 8:45- Strength Training 10:15- Sit & Get Fit 12- Lunch: Baked Ziti 1- Fun & Games - ESL Lessons 2- Ping Pong 3- Meditation 6:30- Chinese American Activities
25 9- Ask the Lawyer - Sunrise Singers - Woodcarving - Quilting 10- Massage 10:15- Rhythm-Aires 12- Lunch: Chicken Quarters 1- ESL (off site) - Fix it Shop -Yoga for All	26 8- Men/Wom in Motion 9- Strengthen Stride 9:30- Brown Bag -Kayaking/Canoeing 10- Writing Group - Fun & Games - Bridge - Delta the Dog 10:15- Sit & Get Fit 10:30- Beginner Yoga 12- Lunch: Eggplant Parm 2- Breath Balance Body 2:15- Line Dancing	27 8 & 8:45- Strength Train 9- Foot Care - Art Drop-In - Comfort Critters 9:30- Basic Tap 10- Fiber Arts - Grocery Shopping 12- Lunch: Stuffed Chicken 12:45- Performance Tap 1- Knit Wits - Fun & Games -Yoga intermediate 2- Wellness Clinic	29 8 & 8:45- Strength Training 10:15- Sit & Get Fit 12- Lunch: Lemon Pepper Cod 1- Fun & Games - ESL Lessons -Power of Flowers 2- Ping Pong 3- Meditation 6:30- Chinese American Activities
	28 8- Men/Wom Motion 9- Strengthen & Stride - Art Drop-In -WOAG 9:30- Craft Group 12- Lunch: Stuffed Pepper 1- Fun&Games -Duplicate Bridge 1:30 - Book Club 3:30- Energize w/ Exercise 6- Belly Dancing -Grill Night	21 8- Men/Wom Motion 9- Strengthen & Stride - Art Drop-In 9:30- Craft Group 12- Lunch: Spinach Pie 1- Fun&Games -Duplicate Bridge 3:30- Energize w/ Exercise 6- Belly Dancing	



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Drop-In Groups

Duplicate Bridge— This group is for intermediate level players. *Contact: Charles Kenney | Thursdays, May 24th-August 9th | 1 p.m.* | Must register to insure a multiple of 4 players per table. | *Cost: FREE but donations are welcome*

Rhythm-Aires— This group utilizes tambourines to play a variety of tunes, no experience is necessary just willingness to learn & have fun! *Instructor: Linda Kirk | Mondays, May 21st-August 6th | 10:15 a.m.* | To attend must register in advance | *Cost: \$10*

Sunrise Singers— Come and sing your heart out, no experience required! *Instructor: Linda Kirk | Mondays, May 21st-August 6th | 9 a.m.* | To attend must register in advance | *Cost: \$20*

Wood Carving— *Mondays, May 21st-August 6th | 9 a.m.* | To attend must register in advance | *Cost: FREE*

Arts & Crafts Group— *Thursdays, May 24th-August 9th | 9:30 a.m.* | To attend must register in advance | *Cost: FREE*

Fiber Arts— *Wednesdays, May 23rd-August 8th | 10 a.m.* | To attend must register in advance | *Cost: FREE*

Fun & Games— *Tuesdays-Fridays, May 22nd-August 7th | 1 - 4 p.m.* | *Cost: FREE*

Mahjong— *Tuesdays 1pm* | *Cost: FREE*

Knit Wits— *Wednesdays, May 23rd-August 8th | 1 p.m.* | *Cost: FREE*

Model Building— *Wednesdays, May 23rd-August 8th | 9 a.m.* | *Cost: FREE*

Open Studio Art— *Wednesdays & Thursdays May 23rd & 24th-Aug 8th & Aug 9th | 9 a.m.* | *Cost: FREE*

Ping Pong— *Fridays, May 25th-August 10th | 2 p.m.* | *Cost: FREE*

Quilting— *Contact: Deb Kelso | Mondays, May, 21st-August 6th | 9 a.m.* | *Cost: FREE*

Comfort Critters (formally SHOP)— *Contact: Evelyn Retelle | Wednesdays, May 23rd-August 8th | 9 a.m.* | *Cost: FREE*

Social Bridge— *Tuesdays May 22nd-August 7th | 1 p.m.* | *Cost: FREE*

Cable Group (Andover Chroniclers)— Meets the 1st and 3rd Thursday of every month. This group is fun, creative, challenging & rewarding! What is IT. Come join the Andover Chroniclers to produce a television shows for the Center at Punchard. Explore and develop new skills . No experience necessary, all training provided. Use modern video equipment in a fully equipped Television production studio. *Contact: Moe Murphy | Thursday, June 7th & 21st | 9 a.m.* | *If interested call the Center.*

Senior Connections

An engaging program creating meaningful days

FREE Trial Day for NEW Participants!

We invite individuals and families who are interested in the Senior Connections program to take advantage of our FREE trial day. A full intake packet must be completed before a trial day can be scheduled.

Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour of the program by calling The Center & asking for Aimee.



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*Join the
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and support the
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It is through the volunteerism and your generosity that so many programs are offered free or reduced price to all the seniors of Andover

ASCF Meetings

Fridays @ 10:30 AM
June 15th

We help to support many of the FREE programs at The Center. Please join us in our ongoing efforts!

Website: andoverscf.org

**The Andover Senior Community FRIENDS, Inc.
c/o The Center at Punchard
30 Whittier Court, Andover, MA 01810**

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MEMBERSHIP:

Senior/Student \$10 _____ Individual \$15 _____ Family \$30 _____ Patron \$50 _____
Benefactor \$100 _____ Other _____

Help the FRIENDS support the programs at the Center at Punchard.



Outdoor Adventures & Other Events & Upcoming Events

Women's Outdoor Adventure Group (WOAG)

All hikes leave from the Center at 9 a.m. & return by noon unless otherwise noted.

Monday, June 11th | Ward Reservation Bog | Cost: FREE

Thursday, June 28th | New Trails at Deer Jump | Cost: FREE

Men's Outdoor Adventure Group

Wednesday, June 6th | Maudslay Park in Newburyport | Cost: FREE

Wednesday, June 20th | Kenoza Lake | Cost: FREE

Golf at Tewksbury Country Club

Starting May 1st at 7:15 a.m. every Tuesday morning (until it snows!) a group of senior golfers will hit the links at the Tewksbury Country Club. Men/women of all levels are welcome! The cost is \$18 for 9 holes. To get started call Tom C. at 978-470-1087 or email him at tjcmic@att.net

Poll Workers Needed

The Town Clerk's Office is recruiting poll workers for the upcoming election cycle. Interested persons can apply on line on the Town web site at www.andoverma.gov or contact the Town Clerk's Office at townclerk@andoverma.gov or 978-623-8230

UPCOMING EVENTS...

Lowell Spinners Game

Thursday, July 19th game time is at 6:35 pm - leaving the Senior Center at 5:00 pm. More details to come...

Fourth of July Celebration

Join us on Monday, July 2nd for a Fourth of July Celebration Sing-a-long. More details to come...



Gift Cards for The Center

Gift Cards for the Center's programs (lunch, transportation, etc.) are always available in any amount. If you're interested in purchasing one just ask the front desk. They make great gifts for family & friends or the person who has everything & you don't know what to get them!

How to Register for Programs/Events

Online (with a computer) - Must have been signed up at The Center and have a "MySeniorCenter" key tag, then to set up an account go to www.MyActiveCenter.com Please note there are a few events that cannot be registered for online.

Off-line (no computer) - Contact The Center to set up an account, then you can register in person or over the phone. When registering over the phone, please have your "My Senior Center" swipe card number ready.

Punch Cards

Punch cards for 6 classes are available to buy at the front desk.

Payment Options

- Online with PayPal
- In person (cash, check or credit card)
- By mail (check)

Break Week

This is the week in between semesters, only make up classes are held, Drop-In Groups still run unless special events are scheduled. Lunch is still available.

Cancellations

If you register for a class & it is cancelled due to under-enrollment, weather, an instructor's absence, etc. you will be notified by The Center. If you do not register for a class but still attend it & it is cancelled, The Center will not have you information & be able to notify you.

Chinese 本中心的《英文月报》(News & Views) 另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。若需电邮，请把邮址传给Chris 女士，登记索要《中文简讯》，即

Translation of above statement: We offer a brief summary of our monthly newsletter for you in Chinese. They will be distributed to housing & put on our web site; or if you would like them emailed to you please email Christine Marshall at Christine.marshall@andoverma.us

ESL Classes

Mondays, May 1 1 p.m. | Off-site at Frye Circle | Cost: FREE

Fridays, May 1 1 p.m. | The Center | Cost: FREE

Friday Night Special: Chinese American

The Association of Andovers & Andover Elder Services are proud to host this evening at The Center with many fun ways to get involved through: Zumba, Yoga, Ping Pong & Games (board/card/Mah Jong) & other fun ways to get socially involved. All are welcome to attend! 安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括：Zumba，瑜伽，乒乓球，*Fridays, May 1 6:30-9:30 p.m. | Cost: FREE*

Chinese Socializing at The Center

Saturdays, May 5th & 19th | 10am-11:45am | Cost: FREE

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June 8 @ 10:00 am

June 13 @ 3:00 pm

June 19 @ 9:00 am

NEW SCRPT

June 20 @ 10:00 am

July 9 @ 1:00 pm

July 18 @ 10:00 am

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Tues - Sun 10am-5pm Mon By Appt.

